

**National AFL Care and Prevention Grantee Conference
Sheraton Premiere Hotel Tysons Corner – Falls Church, VA
December 9-11, 2008**

Session Descriptors

Capacity Building Educational Track

Day 1	<p>Being Your Best Poster and Abstract Critic This workshop will provide information on what the experts look for when accepting posters and abstracts. Participants will critique their own work and learn how to improve them for scientific conference submissions.</p> <p>Maximizing the Return on Investment, Part 1: Hiring, Training and Coaching Practices Hiring the right staff and training them to become a cohesive unit are important elements of a successful AFL project. While this can be a daunting task, learn trick of the trade about hiring, training and motivating staff from the presenter and colleagues during this session.</p> <p>Maximizing the Return on Investment, Part 2: Retaining Staff This workshop will identify ways to keep your highlight qualified staff on your team. Supervisory strategies to increase productivity, accountability, and ownership of the project will be discussed.</p> <p>Recruitment and Retention of Parents In this session, effective recruitment and retention strategies for parents will be discussed. Also, ways to improve informed parental consent rates will be explored.</p>
Day 2	<p>The Essence of Success through Collaboration This interactive workshop is designed to provide participants with an opportunity to develop or improve upon collaborative efforts in order to best meet the needs of youth in their projects. This workshop is builds upon the Care and Prevention collaboration training in June 2008 by focusing on its practical application. Participants will review materials presented at the June training, share current collaboration activity and discuss their successes and challenges.</p> <p>Engaging Parents and Promoting Family Connectedness Families in Our Community United for Success (FOCUS) prevention grant has successfully engaged parents empowering them with the tools to increase family connectedness and to become the primary sexual health educators of their children. This workshop will provide ideas and interactive demonstrations designed to help prevention programs recruit parent participation, offer engaging presentations, and provide incentives that keep them coming back and asking for more. Participants will learn how to give parents the confidence and tools to achieve and maintain closeness and effective communication with their teens.</p> <p>Are All Your Eggs in One Basket? Diversified Funding for Your Nonprofit Organization Do you want your non-profit organization to grow? Who doesn't? No more sole source funding, struggling to meet payroll, or wondering will the grant be renewed. This interactive session, will examine the current funding conditions of nonprofit organizations.</p>

	<p>Participants will learn ways to increase their program's financial sustainability by applying big business methodologies. Areas reviewed to include: grant writing, annual/capital campaign, letter writing and special events in addition to strategic partnerships, supply and demand, marketing and leveraging.</p> <p>"Let's Get Practical!" - Bringing program & evaluation together to make a school-based prevention program work</p> <p>School-based pregnancy prevention programs face numerous challenges with implementation and sustainability. A rigorous evaluation can be advantageous for addressing these challenges because it can provide periodic information on implementation processes and progress. It can also provide reliable and valid outcome data on which program improvement and best-practices can be based. However, an effective evaluation is difficult to accomplish in a school-setting. The strongest evaluation design may be impractical based on the complexities of the program being offered, financial considerations, and/or the responsiveness of the community. The challenge with these programs is to design a rigorous evaluation that is practical in a school-setting. This session will include discussion of the design and implementation of an AFL prevention program, including challenges and lessons learned. The importance of the partnership between program and evaluation will be emphasized throughout this interactive session.</p> <p>Building a Strong Teen Fathers Program</p> <p><i>(This session replacing Co-parenting research session offered 12/10 @ 4:15pm. On the registration page, SELECT Co-parenting research session at that time. You will automatically be redirected to this session.)</i></p> <p>This session will focus on the major components of developing a program for adolescent fathers. The session topics will include staffing, program content, recruitment, retention, and curriculum materials. Barriers to involvement will also be discussed.</p>
<p>Day 3</p>	<p>Reading and Understanding Research Articles</p> <p>The purpose of this session will be to provide the non-researcher with an introduction to applying processes, models, questions, and theories when reading research articles that result in enhanced clarity and comprehension of the article's credibility. The session will emphasize the importance of critically questioning research articles; thinking about their structure, purpose, audience and author.</p>

Adolescent Development Educational Track

Day 1

Obesity – Strategies for Teens and Their Families

NHANES survey found that obesity prevalence among children and adolescents showed no significant changes between 2003—2004 and 2005—2006. Based on the study, in the combined years of 2003—2006, 16.3% of children and adolescents aged 2–19 years were obese, at or above the 95th percentile of the 2000 BMI-for-age growth charts. This rate of obesity raises concern because of its implications for the health of Americans. This presentation will discuss the obesity rates and their implications for today's adolescents.

Understanding Boys

This session will acquaint participants with the practical application of gender research to behavioral and emotional interventions with a focus on helping males avoid high risk activities such as drug use, alcohol abuse and sexual activity. In addition, participants will receive tools to help adolescent males overcome adversity, depression, anxiety and stress. Taking this workshop will also equip you to effectively utilize new scientific research on happiness and how to nurture the childhood roots of adult happiness in the children and youth you serve.

Healthy Parent-Child Relationships

Surveys of adolescents confirm that teens look to their parents for guidance. During adolescence parents are trying to maintain rules and boundaries to safeguard their children from harm while teens are testing the limits to exert their independence. Parents need encouragement and practice in applying relationship skills that foster open and respectful communication and build trust so that parental guidance can be part of the parent/teen experience. This guidance and support is especially needed when adolescents become parents. This session will identify and apply several relationship skills to the parent/child/teen relationship to increase open communication and build trust.

Skill-Building for Adolescent Parents

This presentation will focus on what skills adolescent parents need most. Participants will discuss promising strategies used to build adolescents' parenting skills.

Putting a Stop to the Drama!

Unmarried couples having a child often say they want to be together to raise the child. Within one year many of them are not together and are embroiled in conflict. Couples can learn relationship skills that will help them create a healthy environment for their child, as a couple or as co-parents. Relationship skills will be identified and practiced that reduce drama and create more trusting and caring bonds between adolescent mothers and fathers and their child. Results from the Building Strong Families research and demonstration project will be presented.

Importance of Positive Role Models for Girls

This session will focus on the role of media in girls' exposure to role models. Current popular figures, like Hannah Montana, and the effect of media on girls and especially girls' body image will be discussed. Participants will identify potential positive role models for girls and learn media literacy techniques to help girls critique the media they engage with every day.

<p>Day 2</p>	<p>SIDS Awareness and Intervention Since the launch of the “Back to Sleep” campaign in 1994, Sudden Infant Death Syndrome (SIDS) rates have declined by more than 50 percent. Despite this tremendous progress, the United States continues to rank 28th among developed nations in overall infant mortality rates, and SIDS remains the leading cause of death for infants one month to one year. In this presentation, the latest SIDS statistics and the behavioral, socio-cultural and environmental SIDS risk factors will be introduced. In addition the role that socio-cultural factors play on SIDS reduction behaviors in the African American community will be discussed. Finally, findings will be shared from First Candle’s African American Bereavement Initiative where clergy, bereavement and pastoral counselors, and African American mothers who have suffered a perinatal loss (SIDS or stillbirth) discussed their bereavement experiences.</p> <p>Helping Teens and Parents Get the Rap on Media American teens spend more than 40 hours a week plugged into a media outlet, which is equivalent to a full time job! An adolescent who watches 3-5 hours of television each day witnesses about 2 thousand sex acts per year. Participants will learn how to inform parents about the tricks the media uses to influence their children along with strategies parents can use to increase parent/child communication about the media. The presentation also will discuss ways professionals can increase the ability to of adolescents to resist unhealthy sexual messages in the media.</p> <p>Helping Parents Talk to Their Children This session will discuss practical strategies Prevention staff can use with parents to make them more comfortable talking with their teens. Learn how the Parents Speak Up Tool kit can be used in your AFL Prevention program with parents.</p> <p>Parent Coaching In this presentation, strategies for reaching adolescent parents, grandparents and parents of adolescent participants will be discussed.</p> <p>Counteracting Intimate Partner Violence The goal of this workshop is to provide an overview of adolescent intimate partner violence (IPV) to increase awareness and build skills for providers of adolescent prevention services/healthcare. Strategies for addressing this unhealthy behavior will be discussed as well.</p> <p>Trauma & Adolescents Whether a traumatic experience occurs, the event impacts the person’s mental, emotional, physical, and social capacities. This presentation will discuss the ways trauma can impact adolescents and their decision making abilities. Strategies for serving hard to reach and extremely high risk adolescents will be shared to prevent destructive behaviors due to trauma.</p>
<p>Day 3</p>	<p>Healing and Second Chances Meeting the clients or teens where they are can be a challenge. Teens are complex. Many of whom have experienced traumatic life situations. This session will explore some of the issues teens face today and how to best respond when they disclose their experiences to staff. It is particularly important for abstinence educators to be sensitive to those youth who have been sexually abused, have had sex, are being victimized or in some other way injuring themselves.</p>

Evaluation Educational Track

Day 1	<p>Core Instrument This session will focus on proper usage of the core instrument and how it can be used with other independent instruments. This session is specifically for prevention grantees.</p> <p>Accounting for Dosage in Care Programs Dosage is a critical element in understanding a program's impact. In this session, Care evaluators will learn the indicators needed and the ways to use this information in the analysis. The session will also cover child index data collection practices.</p> <p>Conducting a Sound Process Evaluation This session will focus on conducting a process evaluation that can provide important information for program managers AND inform the data analysis. Grantees will be asked to share some of their challenges and the group will explore solutions. All grantees are welcome to attend.</p> <p>Accounting for Dosage in Prevention Programs Dosage is a critical element in understanding a program's impact. Prevention evaluators will learn the indicators needed and the ways to use this information in the analysis.</p> <p>Regression Basics This session is designed for Prevention evaluators who have a limited statistical background and will cover the foundations of regression techniques. It will be practical with real-life applications and will offer hands-on guidance. The material covered in this session will be a pre-requisite for the HLM session.</p>
Day 2	<p>Focus Groups Following a brief introduction of the history and use of focus groups as a research method, this workshop will utilize an interactive format to engage participants with the core principles underlying the implementation of focus groups as an effective evaluation tool. Participants will be given samples of focus group protocols used in a prevention demonstration project and will be asked to evaluate and critique how to effectively implement a focus group. Discussion will focus on sample selection, moderating and managing group dynamics and confidentiality and institutional review board issues. Special attention will be given to addressing issues of working with adolescents and parents around topics perceived as sensitive.</p> <p>Empowerment evaluation: A collaborative approach to balance program realities with research design Evaluators of social service interventions often experience a tug of war between design and practicality in their efforts to engage program staff, collect data and recruit and retain research participants for program evaluation. This is especially true for programs that serve vulnerable, highly transient populations like pregnant and parenting adolescents. Participants will learn how one AFL care demonstration grantee applied the principles of empowerment evaluation resulting in strengthened relationships among project staff, evaluation team and collaborators. Participants will also learn how beneficial process evaluation and process use are to program development.</p>

	<p>Translating Data into Published Works In this session, we will describe and discuss how to design program evaluation studies in order to yield potentially publishable data. We will cover the building blocks of what makes evaluation data publishable: Objectivity, evidence requirements, innovation, salience for the target audience. We will then explore the current status of evaluation and research in the area of reproductive health and social marketing in order to understand the opportunities and challenges to publishing.</p> <p>Practical considerations for using HLM (Hierarchical Linear Modeling) This session is primarily targeted for Prevention grantees. The session will describe considerations to use when utilizing HLM, drawing on specific examples from the realities faced by many school-based prevention evaluations. This session will include discussion of project-specific issues. <i>Prerequisite – Regression analysis</i></p> <p>Instrumentation: Important considerations when developing or tailoring tools It is important for your evaluation instruments to address your key questions and you will likely need evaluation instruments, in addition to the Core instrument, that will help you answer your research questions. This session will focus on some practical “dos” and “don’ts” of instrument development. Grantees are encouraged to bring examples of instruments they have developed that could be included in group discussions.</p> <p>Intervention Mapping This foundational session is required for all 2nd and 3rd year care evaluators and 2nd and 3rd year prevention evaluators. It will cover the procedures for using theory to develop and evaluate social interventions.</p>
Day 3	<p>Ready, Set, Analyze! Linking evaluation questions to the analysis is essential for making sure driving questions are appropriately addressed and the appropriate considerations are given to the analysis. Bring your evaluation plans along to this working session! The session will be targeted to the needs of both Care and Prevention continuing grantees. <i>Participants should bring their data analysis plans with them to use during this session.</i></p> <p>Conducting a Sound Process Evaluation This session will focus on conducting a process evaluation that can provide important information for program managers AND inform the data analysis. Grantees will be asked to share some of their challenges and the group will explore solutions. All grantees are welcome to attend.</p>

Research Educational Track

Day 1	<p>Under PEER Influence: Sexual Decision Making Practices Learn how adolescents' emerging identities provide a link between social groups and sexual decisions. In this workshop, three identities (the player, most popular, and troublemaker) that adolescents self identify with will be discussed. Dr. Longmore will share her research findings and peer-reviewed articles about each type as well as propose strategies service providers can utilize in assisting teens as they define themselves.</p> <p>The Oral Sex Talk During this session, Dr. Tolman will review current data on teens, oral sex and STDs. Participants will gain a better understanding why adolescent girls engage in oral intercourse and what factors influence their decision.</p>
Day 2	<p>Parental Views on Teenage Sex This session will describe a randomized controlled efficacy trial of the Parents Speak Up National Campaign (PSUNC), a mass media social marketing campaign designed to increase parent-child communication about waiting to engage in sexual activity. PSUNC uses video, radio, and print advertisements to communicate messages aimed at parents about the importance of talking “early and often” to their children aged 10-14 about delaying sex.</p> <p>Co-parenting Research from Conception to Publication This session will explore co-parenting research from program implementation through to publishing the results. The study targeted the male partners of pregnant female adolescents in seeking to promote meaningful father involvement once the child is born.</p> <p>Randomized controlled trial of Home-based Motivational Interviewing to Reduce Rapid Subsequent Birth in Adolescent Mothers In this session, participants will go over the phases of this randomized trial of a multi-component, home-based intervention to reduce repeat pregnancy/birth in adolescent mothers. Participants will review the program’s background and rationale, logic model, implementation, evaluation methodology, and outcomes. Finally, participants will discuss issues of fidelity of program implementation and the importance of program process monitoring and feedback of process data with frontline staff.</p>
Day 3	<p>Parental and Relational Influences on sexual decision-making practices The first part of this informative session will share findings on parental involvement and adolescent sexual activity. The second half of the session will focus on sexual relationships and their impact on reproductive health decisions made in young adulthood. At the conclusion of the sessions, implications for AFL grantees will be discussed.</p> <p>Who’s Not Having Sex and Why: Reasons For and Predictors of Adolescent Abstinence This session presents findings from a current OAPP project designed to develop theoretical frameworks explaining sexual abstinent choices. The session will focus on the reasons why some teens say they are abstinent and important predictors for abstinent behavior and virginity. These findings can help you better target your efforts towards changing attitudes and situations that have been demonstrated in the literature as encouraging and supporting abstinence.</p>

Session Breakdown by Track

Adolescent Development	Evaluation	Capacity Building	Research
Jack’s Brain, Jill’s Brain: Why Gender Differences Matter (Day 1)	Core Instrument (Day 1)	The Recruitment and Retention Connection (Day 1)	Under PEER Influence: Sexual Decision Making Practices (Day 1)
Understanding Boys (Day 1)	Accounting for Dosage in Care Programs (Day 1)	Being Your Best Poster and Abstract Critic (Day 1)	The Oral Sex Talk (Day 1)
Healthy Parent-Child Relationships (Day 1)	Conducting a Sound Process Evaluation (Day 1)	Maximizing the Return on Investment, Part 1: Hiring, Training and Coaching Practices (Day 1)	Parental Views on Teenage Sex (Day 2)
Skill-Building for Adolescent Parents (Day 1)	Accounting for Dosage for Prevention Programs (Day 1)	Recruitment and Retention of Parents (Day 1)	Research: Co-parenting Research from Conception to Publication (Day 2)
Putting a Stop to the Drama! (Day 1)	Regression Basics (Day 1)	Maximizing the Return on Investment, Part 2: Retaining Staff (Day 1)	Research: Randomized controlled trial of Home-based Motivational Interviewing to Reduce Rapid Subsequent Birth in Adolescent Mothers (Day 2)
Importance of Positive Role Models for Girls (Day1)	Focus Groups (Day 2)	The Essence of Success through Collaboration (Day 2)	
SIDS Awareness and Intervention (Day 2)	Translating Data into Published Works (Day 2)	Engaging Parents and Promoting Family Connectedness (Day 2)	
Helping Teens and Parents Get the Rap on Media (Day 2)	Empowerment evaluation: A collaborative approach to balance program realities with research design (Day 2)	Are All Your Eggs in One Basket? Diversified Funding for Your Nonprofit Organization (Day 2)	
Helping Parents Talk to Their Children (Day 1)			Parental and Relational Influences on sexual decision-making practices (Day 3)
Parent Coaching (Day 2)	Practical considerations for using HLM (Hierarchical Linear Modeling) (Day 2)	"Let's Get Practical!" - Bringing program & evaluation together to make a school-based prevention program work (Day 2)	Who’s Not Having Sex and Why: Reasons For and Predictors of Adolescent Abstinence (Day 3)
Counteracting Intimate Partner Violence (Day 2)	Intervention Mapping (Day 2)		
	Instrumentation (Day 2)		
Trauma & Adolescents (Day 2)	Ready, Set, Analyze! (Day 3)	Building a Strong Teen Father Program (Day 2 @ 4:15pm replacing research session “Coparenting research from conception to publication”)	
Healing and Second Chances (Day 3)	Conducung a Sound Process Evaluation (Day 3)		
		Reading and Understanding Research Articles (Day 3)	

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